
JOURNALING
planning pages

30-Day journal prompts

MONTH 1

What kind are you having today?

Why are you proud of yourself?

Letter to your future self

Letter to those you love

Letter to past self

Happiest memories

Positive affirmations

Write about your goals

Envision your future

A challenge you have overcome

What you love most about yourself

Write about your biggest motivation

Happy childhood memory

A time you felt safe

The last thing you celebrated

Your 5 biggest strengths

2 things you are most grateful for

How to practice self-care daily in my life?

Where do you want to be in 10 years time?

Write about someone you admire

Write about your daily routine

Your fave quote & why

Where were you 10 years ago?

What does your heart long for?

What would your dream day be?

Write about your favorite place in the world

Share your values & why they matter

Write about when you feel confident

Write a thank you note to someone

Write about someone that inspires you

Morning journal ideas

GOOD MORNING

How did I feel when I woke up this morning

What are 5 things I'm grateful for today

How will I make today the best day ever

What is one goal I would like to achieve today

Evening journal ideas

GOOD EVENING

How do I feel about the day I had today

Journaling area for the first question.

What did I learn today

Journaling area for the second question.

What was my favorite moment of today

Journaling area for the third question.

How do I want to wake up feeling in the morning

Journaling area for the fourth question.